

## Single Rower with Back

**MSRP \$1,728.00**

**SALE \$1,330.00**

### Highlights:

- Designed to withstand outside weather exposure
- Aerobic exercise ideal for total-body conditioning
- Strengthens biceps, abs, lats, calves, and more
- Appropriate for use by teenagers and adults

**Age Group:** Adult

**Footprint:** 4' 4" x 2' 9"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Single Rower with Back is a strongly constructed full-body aerobic exercise unit that's capable of withstanding outdoor exposure to the elements. This machine is designed to simulate the experience of sitting in a boat and repeatedly pulling a pair of oars towards yourself. When it comes to maintaining health and reaching your fitness goals, the benefits of rowing are well documented. Rowing targets muscles in the upper torso (biceps, deltoids, and pecs), core (abs), and lower torso (glutes, hamstrings, and calves). This product is an ideal addition to any exercise space and would enhance fitness centers, school gymnasiums, or orthopedic health facilities. A variety of site visitors would appreciate having access to the Single Rower with Back, whether it's a senior citizen trying to recuperate from an injury, an athlete training for a rowing team, or a person just looking to stay trim and fit.